

# *Menu Ideas for Older Infants & Infant Sample Menus*

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The mainstay of the infant diet through the first year is breast milk or iron-fortified infant formula. The following foods can be offered to older infants to supply their higher nutrient and energy needs.

## **Grains:**

iron-fortified infant cereals, breads, toast, muffins, oatmeal, barley, tortilla, pita bread, biscuits, bagels, rolls, crackers, macaroni, noodles, pasta, rice, and teething biscuits,

## **Fruit:**

bananas, applesauce, apples, peaches, pears, plums, prunes, melon, apricots, and avocado,

## **Vegetables**

potatoes, carrots, green beans, green peas, beets, squash, spinach  
broccoli, cauliflower, and pumpkin

## **Protein:**

egg yolk, beans (black, kidney, navy, lima, pinto, and others)  
beef, pork, lamb, veal, chicken, turkey, liver, boneless fin fish,  
cheese, cottage cheese, and yogurt

For additional resources, see USDA FNS258 *Infant Feeding Manual*, or the Early Childhood Services Bureau website [www.childcare.mt.gov](http://www.childcare.mt.gov) or your local health professionals. Child



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### Menu Ideas 0-3 Months

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
<b>Breakfast</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk
<b>Lunch</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk
<b>Snack</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk
	Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
<b>Breakfast</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk
<b>Lunch</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk
<b>Snack</b>	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk	IF Formula and/or Breastmilk

### Menu Ideas 4-7 months

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
<b>Breakfast</b>	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	Formula and/or Breastmilk IF Cereal	Formula and/or Breastmilk IF Cereal	Formula and/or Breastmilk IF Cereal
<b>Lunch</b>	IF Formula and/or Breastmilk IF Cereal Carrots	IF Formula and/or Breastmilk IF Cereal Peas	Formula and/or Breastmilk IF Cereal Squash Mashed Beans	Formula and/or Breastmilk IF Cereal Prunes	Formula and/or Breastmilk IF Cereal Squash Mashed Beans
<b>Snack</b>	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal
	Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
<b>Breakfast</b>	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal
<b>Lunch</b>	IF Formula and/or Breastmilk IF Cereal Mashed Beans	IF Formula and/or Breastmilk IF Cereal Apricots	IF Formula and/or Breastmilk IF Cereal Mashed Avocado & Banana	IF Formula and/or Breastmilk IF Cereal Carrots Applesauce	IF Formula and/or Breastmilk IF Cereal Mashed potatoes Lamb
<b>Snack</b>	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal	IF Formula and/or Breastmilk IF Cereal

### Menu Ideas 8-11 Months

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
<b>Breakfast</b>	IF Formula and/or Breastmilk IF Cereal Peaches	IF Formula and/or Breastmilk IF Cereal Prunes	IF Formula and/or Breastmilk IF Cereal Applesauce	Formula and/or Breastmilk IF Cereal Squash	Formula and/or Breastmilk IF Cereal Pears
<b>Lunch</b>	IF Formula and/or Breastmilk Cooked Rice Beans Squash	IF Formula and/or Breastmilk Cheese Sticks Avocado & Banana chunks	IF Formula and/or Breastmilk Cooked Rice Fish Peas	Formula and/or Breastmilk Goulash Green beans	Formula and/or Breastmilk Turkey Noodles peas & carrots
<b>Snack</b>	IF Formula and/or Breastmilk Pita Bread Bananna	IF Formula and/or Breastmilk Crackers	IF Formula and/or Breastmilk Tortilla Egg yolk scramble	IF Formula and/or Breastmilk Toast	IF Formula and/or Breastmilk Tortilla
	Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
<b>Breakfast</b>	IF Formula and/or Breastmilk IF Cereal Cantaloupe	IF Formula and/or Breastmilk IF Cereal Prunes	IF Formula and/or Breastmilk IF Cereal Peaches	IF Formula and/or Breastmilk IF Cereal Pears	IF Formula and/or Breastmilk IF Cereal Baked Apples
<b>Lunch</b>	IF Formula and/or Breastmilk Chicken Pot Pie	IF Formula and/or Breastmilk Shepards Pie Carrots	IF Formula and/or Breastmilk Cooked Rice Beans Squash	IF Formula and/or Breastmilk Fish & Noodles Broccoli	IF Formula and/or Breastmilk Cottage Cheese Apricots
<b>Snack</b>	IF Formula and/or Breastmilk Jelly Sandwich	IF Formula and/or Breastmilk Crackers Mango	IF Formula and/or Breastmilk Toast	IF Formula and/or Breastmilk Pita Bread Egg yolk scramble	IF Formula and/or Breastmilk Tortilla